

At The Movies: Inside Out | Week 2

Introduction

We all wrestle with worry and anxiety, but God invites us to pray, thank Him, and focus on truth. His peace guards our hearts when we let Him lead the way.

Conversation Starters (10 minutes)

- If you could have one of the Inside Out characters (Joy, Sadness, Anger, Anxiety, etc.) as your sidekick for a week, who would you pick and why?
- When worry shows up, which spiritual rhythm (prayer, Scripture, gratitude, worship, community, etc) helps you best to center on God's truth?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

Group Discussion (45 minutes)

1. When is a time in your life when you let your emotions get the best of you? What happened?
2. **{Optional idea for conversation.** Feel free to take this option or skip over to question #3. For a deeper dive into the book of Philippians, watch [the Bible Project video](#) and discuss the Reflect questions on the page.}
3. Why do you think worry and anxiety can feel so overwhelming, even when we know God is with us?
4. Read [Philippians 4:6-7](#).
 - a. What stands out to you most in these verses?
 - b. How does God's peace work differently from just "calming down"?
5. Read [2 Corinthians 10:5](#).
 - a. What kinds of "arguments" or thought patterns today tend to set themselves up against the knowledge of God, and how do you personally recognize them in your own life?
 - b. What does it practically look like to "take every thought captive" in daily life—at work, at home, or in moments of temptation? How can we encourage each other in this?
6. What is one specific thought, worry, or situation you need to hand over to God this week?

Prayer (5 minutes)

Close your group time in prayer. You can use these words or your own words:

“God, thank You that You care about our worries. Teach us to bring our anxiety to You in prayer, to thank You in every situation, and to trust Your peace to guard our hearts and minds.”

Announcements (5 minutes)

- Did you invite a friend to join you for church this weekend? Who will you invite to join you next week?
- Check out the [Loving God, Loving People podcast](#) to dive deeper into the conversation!